

LIST OF ALLERGENS:

TREE NUTS 1 | FISH 2 | MILK 3 | MUSTARD 4 | CRUSTACEANS 5 | GLUTEN 6 | MOLLUSCS 7 |
SULPHITES 8 | EGGS 9 | LUPIN 10 | CELERY 11 | PEANUTS 12 | SESAME SEEDS 13 | SOYA 14



FOOD ALLERGIES AND INTOLERANCES

While every effort is made to cater for food allergies, please be advised that all food is prepared in a kitchen where allergens are present. All food served may contain traces of all allergens.
V SUITABLE FOR VEGETARIANS C SUITABLE FOR CELIAC N MAY CONTAIN NUTS

ENTRÉES

	Starter	Main
SELECTION OF GARLIC BREADS V(1)(3)(6) 4.00 Garlic french baguettes topped with mozzarella, basil pesto & sun-dried tomato pesto		
GARLIC MUSHROOMS V (3)(6) 5.45 Mushrooms baked in our own garlic butter served with crusty garlic bread		
CAJUN MUSHROOMS V ((6) 5.45 Mushrooms baked in chili oil topped with Cajun spices and served with crusty garlic bread		
EMPEROR SALAD N (1)(6)(14) 7.95 16.60 Chicken and bacon wok-fried in light soya sauce and garlic, served over a bed of mixed leaves, crushed cashew nuts and croutons, dressed with balsamic vinaigrette		
BLUE RIDGE CHICKEN C (4)(8) 7.95 16.60 Breast of chicken pieces wok fried in garlic and Cajun spices, served on a mixed leaves salad, cherry tomatoes, red onions & diced mixed peppers, with a side of sweet chili mayonnaise		
PRAWNS PIL-PIL C (2)(5)(6) 9.60 19.25 Lightly spiced king prawns, slow roasted in chili oil with garlic & fresh cut chillies served with crusty French bread Add Spanish chorizo to Pil-Pil starters 1.10 2.10		
PRAWNS TEMPURA C (2)(5)(9)(14) 9.60 19.25 King prawns deep fried in a golden tempura batter served with dark soya sauce		
GOUJONS OF LEMON SOLE C (2)(9) 7.55 16.15 Deep fried in tempura batter, served on a bed of mixed leaves, and a side of sweet chili sauce		
FRITTO MISTO C (2)(4)(5)(9) 7.95 16.60 Medley of mixed seafood deep fried in a golden tempura batter, served on a bed of mixed leaves and a side of dill mayonnaise (Seafood include: salmon, lemon sole, cod, hake, smoked haddock, squids and prawns)		
BEEF FILLET TIPS (6)(13)(14) 8.95 18.65 Wok fried beef fillet tips, marinated in a soy, sweet chili and garlic sauce, tossed with toasted sesame seeds, served with side salad, a coriander, lime and ginger dip. (Add potato of your choice in main course)		
SPICY CHICKEN WINGS C 6.25 16.60 Freshly baked spicy chicken with homemade BBQ sauce (2)/ Buffalo sauce and blue cheese dip. (3)		

DISPOSABLE MENU

PASTA

	Starter	Main
TAGLIATELLE ALL'ARRABBIATA (3)(4)(6)(9)(11) 6.00 13.00 Tagliatelle pasta tossed with mushrooms in a rich and spicy homemade tomato sauce and topped with Grana Padana parmesan shavings Add Chicken 2.00 3.00		
ECO SEAFOOD TAGLIATELLE (2)(3)(4)(5)(6)(9)(11) 8.60 18.15 Selection of prawns, squid, smoked haddock, cod, salmon & lemon sole lightly cooked in a basil cream sauce		
FETTUCINE AL SALMON (2)(3)(4)(6)(9)(11) 7.95 17.00 Fresh cut salmon fillet pieces sautéed in an Italian style herb and cream sauce with fettucine pasta		
PASTA PRIMAVERA V (1)(3)(4)(6)(9)(11) 7.10 15.40 Cooked with a mix of courgettes, broccoli, mange touts, baby corn, mushrooms, carrots, celery, peas, cauliflower and peppers in a white wine and cream sauce		
PASTA PAPPARDELLE (3)(4)(6)(9) 7.25 15.85 Chicken breast pieces & mushrooms tossed with pappardelle in a mixed herb cream sauce, served with salad & garlic bread		

NOTE All pasta main courses are served with salad & garlic bread

MAINS

CHICKEN PAVESSE C (1)(3)(11) 18.55 Chargrilled breast of chicken with a Chardonnay, cream, basil & tomato sauce served with stir-fried vegetables & potato of your choice		
CHICKEN TAVERNA C (1)(3)(11) 18.55 Chargrilled breast of chicken topped with a whiskey cream & mushroom sauce served with stir-fried vegetables & potato of your choice		
CAJUN CHICKEN (4)(6)(9)(11) 17.40 Chargrilled breast of chicken marinated in Cajun spices topped with a Pomodoro sauce served with Tagliatelle & seasonal salad		
ECO ROAST HALF CHICKEN 17.40 Rubbed in a mix of eco's herbs and mild spices, slow roasted and served with French fries or spicy wedges.		
ROAST CRISPY HALF DUCK C (1)(4)(11) 24.90 Roast duck topped with a caramelised honey and orange sauce served with stir-fried vegetables and potato of your choice		
CHARGRILLED FILLETS OF PORK C (3)(11) 19.95 Fillet of pork coated with cracked black & white peppercorns topped with a light mushroom & black pepper cream sauce served with stir-fried vegetables & potato of your choice		

MADRAS CURRY

Your choice of any of the following, served with Basmati rice or fries.

BEEF C (4)(11) 17.65	
BREAST OF CHICKEN C (4)(11) 16.60	
VEGETABLES C V (1)(4)(11) 15.05	
PRAWNS C (2)(4)(5)(11) 18.65	
PORK C (4)(11) 17.30	
ECO SPECIAL CURRY C (1)(2)(4)(5)(11) 20.95 (beef, pork, chicken & prawns' combo)	
Add noodles or fried rice 2.10	
Add mixed crunchy vegetables 2.10	

CHINESE STYLE SATAY

Your choice of any of the following, served with Basmati rice or fries.

BEEF C N (1)(2)(4)(5)(11)(12) 18.65	
BREAST OF CHICKEN C N (1)(2)(4)(5)(11)(12) 17.95	
VEGETABLES C N V (1)(2)(4)(5)(11)(12) 16.15	
PRAWNS C N (1)(2)(4)(5)(11)(12) 19.70	
PORK C N (1)(2)(4)(5)(11)(12) 18.45	
ECO SPECIAL SATAY C N (1)(2)(4)(5)(11)(12) 19.95 (beef, pork, chicken & prawns' combo)	
Add noodles or fried rice 2.10	
Add mixed crunchy vegetables 2.10	

MEDITERRANEAN STIR FRY

Your choice of any of the following, served with crisp green salad, rice or boiled potatoes.

BEEF N (1)(6)(11)(14) 18.65	
BREAST OF CHICKEN N (1)(6)(11)(14) 17.95	
VEGETABLES N (1)(6)(11)(14) 15.10	
PRAWNS N (1)(5)(6)(11)(14) 19.70	
ECO SPECIAL STIR FRY N (1)(5)(6)(11)(14) 19.95 (beef, pork, chicken & prawns' combo)	
Add noodles or fried rice 2.10	

STEAKS

STEAKS -PRIME IRISH BEEF
Steaks are served with a choice of Mexican (4)(11), au-poivre sauces (3)(4)(11), garlic butter (3)(11), sautéed onions & mushrooms and potatoes of your choice

8OZ FILLET C 27.45	
10OZ SIRLOIN C 24.90	
8OZ RIB-EYE C 20.75	

BURGERS

ECO HOMEMADE BURGER 15.85 7.5oz char grilled prime Irish beef burger, served on a toasted brioche bap with cheddar cheese / Dubliner cheese (optional), seasonal salad & French fries or spicy wedges Choice of sauces: garlic butter (3), black pepper sauce (3), mushroom (3) sauce or Mexican sauce (4)(11)	
ECO HOMEMADE DOUBLE BURGER 17.40 2 x 7.5oz Add bacon 1.00	
NUT BURGER V N (1)(3)(6)(11) 15.55 Roasted cashews, hazelnuts and almonds with white onions, celery, carrots, garlic and light soy sauce	
BEYOND BURGER (VEGETARIAN) (3) 16.55 beyond meat burger in a brioche bun with french fries or wedges Add cheddar cheese (optional)	
BEYOND BURGER (VEGAN) (13) 16.55 beyond meat burger in a vegan bun with french fries or wedges Add vegan mayonnaise and vegan cheese (optional)	

FISH

PAN FRIED FISH C (2) 23.85 one choice of sole, salmon, cod or hake pan-fried in extra virgin olive oil with balsamic vinegar, red chili flakes & capers served with stir-fried vegetables & potatoes of your choice	
CAJUN SALMON C (2)(4)(11) 22.85 Delice of fresh salmon marinated with Cajun spices topped with a red onion & mango sauce served with stir-fried vegetables & potato of your choice	
SOLE AL FORNO C (2)(3)(4)(5)(11) 23.85 Paupiettes of sole stuffed with prawns cooked al forno in a light white wine cream sauce, served with stir-fried vegetables & rice or potato of your choice	
ROAST FISH AL FORNO C (2)(5) 22.85 Fresh fillet of cod or hake roasted with prawns in a rosemary infused oil with stir-fried vegetables & herbs, served with hasselback potatoes	
ECO TRADITIONAL FISH & CHIPS C 16.75 Golden fried fillet of cod or hake cooked in a light tempura batter served with garden peas, french fries and lemon tartar sauce	

SIDE ORDERS/POTATOES

French fries 2.60	
Boiled potatoes 2.60	
Roast potatoes 2.60	
Hasselback potatoes 3.05	
Spicy wedges 3.05	
Baked potato (butter or garlic butter) (3) 2.60	
Rissole (deep-fried potato) 3.05	
Garlic potatoes (3) 3.05	
Cajun potatoes 3.05	
Bacon & cheddar potatoes 3.65	
Stir Fry Vegetables (1) 2.50	
Curry sauce 3.05	
All extra sauces 2.05	